

IN THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1. (*Currently Amended*) A barbell/dumbbell training support device comprising:

a base with distal ends;

a cross support laterally extending equidistantly from each distal end of the base for a predetermined distance, the cross supports being configured to prevent tipping of the support device;

an elongated tray configured to support barbells and dumbbells;

said elongated tray being formed from a generally elongated rectangle having a surface and lengthwise sides with ends and widthwise sides with ends;

said elongated tray including raised edges extending from each of the corresponding lengthwise and widthwise sides of the tray, and flat barbell support surfaces having edges and extending along the ends and on the tops of at least one of the raised edges along the lengthwise sides of the tray; and

connection elements configured to interconnect the base with the elongated tray.

Claim 2. (*Original*) The barbell/dumbbell training support device according to claim 1, further comprising pads, covers, or elevated attachments attached to ends of each cross support.

Claim 3. (*Original*) The barbell/dumbbell training support device according to claim 2, wherein said pads, covers, or elevated attachments are made from flexible and resilient material.

Claim 4-6. (*Canceled*)

Claim 7. (*Original*) The barbell/dumbbell training support device according to claim 6, further comprising angled elements extending away from the edges of the flat barbell support surfaces and above the raised edges of the lengthwise sides and toward a center of the tray.

Claim 8. (*Currently Amended*) The barbell/dumbbell training support device according to claim 5, further ~~[[comprising further]]~~ comprising flat barbell support surfaces having edges and that extend along the center and on tops of the at least one of the raised edges along the widthwise sides of the tray.

Claim 9. (*Original*) The barbell/dumbbell training support device according to claim 8, further comprising longitudinally extending angled portions extending from the ends of the widthwise raised edges.

Claim 10. (*Original*) The barbell/dumbbell training support device according to claim 1, wherein said elongated tray further comprises a protective coating.

Claim 11. (*Currently Amended*) The barbell/dumbbell training support device according to claim ~~[[1]]~~ 10, wherein said protective coating is similar to protective lining used on truck beds.

Claim 12. (*Currently Amended*) A barbell/dumbbell training support method comprising the steps of:

providing a base with distal ends;

providing a cross support laterally extending equidistantly from each distal end of the base for a predetermined distance, the cross supports being configured to prevent tipping of the support device;

providing an elongated tray configured to support barbells and dumbbells;

providing the elongated tray with a surface, lengthwise sides with ends, and widthwise sides with ends;

providing raised edges extending from each of the corresponding lengthwise and widthwise sides of the tray;

providing flat barbell support surfaces having edges and that extend along the ends and on tops of the at least one of the raised edges along the lengthwise sides of the tray; and

interconnecting the base with the elongated tray.

Claim 13. (*Original*) The barbell/dumbbell training support method according to claim 12, wherein said step of providing a generally rectangular cross support further comprises providing pads, covers, or elevated attachments attached to ends of each cross support.

Claims 14-16. (*Canceled*)

Claim 17. (*Original*) The barbell/dumbbell training support method according to claim 16, wherein said step of providing an elongated tray further comprises providing angled elements extending away from the edges of the flat barbell support surfaces and above the raised edges of the lengthwise sides and toward a center of the tray.

Claim 18. (*Original*) The barbell/dumbbell training support method according to claim 15, wherein said step of providing an elongated tray further comprises providing flat barbell support surfaces having edges and that extend along the center and on tops of the at least one of the raised edges along the widthwise sides of the tray.

Claim 19. (*Original*) The barbell/dumbbell training support method according to claim 18, wherein said step of providing an elongated tray further comprises providing

Application Serial No.: 10/820,045
Art Unit: 3764

Attorney Docket No. 24384.00
Confirmation No. 7334

longitudinally extending angled portions extending from the ends of the widthwise raised edges.

Claim 20. (*Original*) The barbell/dumbbell training support method according to claim 12, wherein providing an elongated tray further comprises providing the elongated tray with a protective coating.